Prescription for a Healthier You

"Walk and Talk" Toolkit

Women's and Men's Health Programs
301 Centennial Mall South || P.O. Box 94817
Lincoln, NE 68509-4817
1-800-532-2227 || www.dhhs.ne.gov/EWM

Every Woman Matters

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Contents

Introduction

The primary responsibilities of any Health Coach (HC) and Community Health Worker (CHW) are to build trusting relationships with clients and to connect those clients to care, eliminating barriers and advocating for systemic changes along the way.

As a HC and/or CHW you have the ability to schedule an in person “meet and engage” with clients by having a 20 minute walk and talk session to provide support and guidance on living a healthier lifestyle. This could serve as your first health coaching session while establishing a personal connection.

The materials in this toolkit aim to:

- Provide information and resources for HC and CHW’s to assist community members in finding healthier food options in grocery stores or pantries.
- Support the HC and CHW in educating on the importance of physical activity and maintaining a healthy weight.
- Furnish materials on the importance of medication adherence and limiting alcohol and tobacco use.
- **Motivate your participants to start their own walking group**. The long-term goal of this program is to use the health coaching sessions as a jumping-off point for participants to become connected and continue a walking group of their own…the clients are already there! Connecting health coaching clients and walking in small groups can motivate and inspire each other to stick with it, increasing long-term physical outcomes.

Walking 101

There are many ways to be active, but walking is one of the easiest! For most people, it is safe, easy to stick with, and low- or no-cost. It does not require any special skills or equipment. Just a good pair of supportive tennis shoes. For such a simple activity, it has so many benefits.

According to the **American Heart Association,** for every hour of brisk walking, life expectancy can increase by two hours. Research has shown that **walking at least 150 minutes a week** can help reduce the risk of diseases like heart disease, stroke, diabetes and cancer; improve blood pressure, blood sugar and blood cholesterol levels; increase energy and stamina; improve mental and emotional well-being; boost bone strength and reduce the risk of osteoporosis; and prevent weight gain.

If 150 minutes sounds like a lot, remember that **even short 10-minute activity sessions can add up** over the week to reach this goal. It is easy to fit in 10 minutes of walking a few times a day.

How to prepare for your group walk

Walking in a small group gives off positive energy and promotes good feelings. One of the main benefits of group walking is having other people around for accountability, while at the same time making the experience more enjoyable. Other benefits include motivation, safety and socialization. Group walking provides social support, can reduce time spent on an electronic devices, and increase exposure to the outdoors and fresh air when weather permits.

The most important step for participants of a walking program is the first one—making the commitment to walk and signing up through your HC or CHW. Once a client has committed to walking, part of your job is to provide motivation and support to help them stick with it.

- **Recruit members.** To start a walking group, start by spreading the word. Talk up your walking group among your health coaching clients, family members, friends and neighbors.
- **Walk it off.** Before scheduling your walk, decide on a route and map it out. Determine a safe, easy and central route and start with a distance you know for people of all fitness levels.
- **Be consistent**. Determine the frequency of your walks. Set a date and time.
- **Get organized.** Once you've recruited members for your walking group, hold a kickoff meeting. Collect email addresses, phone numbers and other contact details. Discuss details including attire and cancellation notification.
- **Maintain momentum.** The camaraderie you experience in a walking group and the shared fitness success can help you walk your way to better health.

Evaluating your program

All programs need to be evaluated to reflect effectiveness and show direction for program sustainability in the future. Evaluation is a key component of your program and should be conducted before, during, and after program implementation. You can use evaluation data to plan community-specific programs, to assess the effectiveness of the implemented program in achieving its objectives, and to modify current activities where necessary for program improvement.

Evaluation should be considered early in the planning process. Evaluation can be as simple as recording the number of participants who take part in a program or the number of minutes or hours walked per week. Evaluation can also include a survey where feedback is provided about your program.

At the conclusion of this toolkit on page 13, is an example of an evaluation form that can be used at the conclusion of your program.

Long-term goals

Encourage members to **set goals** for themselves. Setting simple goals is a great way to keep your walking group motivated and on track. You and your group members should:

- **Take some time to think.** Encourage yourself and other group members to think about short-term and long-term goals, taking into consideration time availability and health concerns.
- **Write down goals.** Goals can be as simple as attending every walking meet-up or something bigger, like walking a 5k charity event in a few months. Tell friends and family. Having support from those important to you will make sticking to your goals easier, and more rewarding.
- **Track progress.** Group members should write down when they walked, how long, and the number of steps displayed on their pedometer (if they have one). This will bring their progress to life and help determine what's working for them and what isn't and make adjustments to reach their goals.

Toolkit Contents

This toolkit provides information and resources for your support and reference as you educate community members in Healthy Eating, Physical Activity, Stress and Sleep, Lifestyle Change, Medication Adherence, and Alcohol and Tobacco Use.

The toolkit is organized into the following 6 sections using color-coded tabs:

- Healthy Eating
- Physical Activity
- Stress and Sleep
- Lifestyle Change
- Medication Adherence
- Alcohol and Tobacco Use

Choose Healthy Here originated as a Nebraska-based Healthy Food Retail program that supports rural communities needing to increase access to healthy foods by providing a framework for individuals to find, afford, choose, and use healthy foods. The program has since expanded into both cafeteria and vending environments.

What to review:

- The U.S. Department of Agriculture estimates 52.5 million people in the U.S. have limited access to a supermarket. Corner stores, gas stations, or convenience stores may be nearby, but these options often lack fresh fruits, vegetables, and/or low-fat snack options. Residents are left with high-priced and high-processed foods; a situation that contributes to the obesity epidemic and other health disparities.
- Choose Healthy Here provides healthy environment education for both store owners and consumers. The program provides community outreach guidance, marketing signage, and promotion.
- The key to achieving and maintaining a healthy weight isn't about short-term dietary changes.
  It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.
- Overweight and obesity are increasingly common conditions in the United States. Obesity is a serious medical condition that can cause complications such as metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers and sleep disorders.
- The DASH eating plan follows heart healthy guidelines to limit saturated fat and cholesterol. It focuses on increasing intake of foods rich in nutrients that are expected to lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that is meets other nutrient requirements as recommended by the Institute of Medicine.

MyPlate is the current nutrition guide published by the USDA Center for Nutrition Policy and Promotion, a food circle (i.e. a pie chart) depicting a place setting with a plate and glass divided into five food groups. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

What to review:

- Physical activity is anything that gets your body moving. It is important to be physically active every day.
- You should get 150 minutes of activity each week AND light muscle strengthening activities on at least 2 days a week.
- Regular physical activity helps improve your overall health and fitness and reduces your risk of developing type 2 diabetes and metabolic syndrome.
- Being physically active lowers your risk for two types of cancer: colon and breast.
- Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better.

What to review:

- A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as diabetes, heart disease, obesity, and depression—that threaten our nation's health.

- Sleep deprivation can cause forgetfulness, exhaustion, and fatigue, to name a few. When a person is exhausted and fatigued it causes pessimism, sadness, stress, and anger, none of which are appreciated by other people. ... In addition, lack of sleep affects the brains ability to solve problems.

- The healthy amount of sleep for the average adult is around seven to eight hours each night.

- Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g., preparing for a wedding) or negative (e.g., dealing with a natural disaster). The symptoms may be physical or emotional.

- Ongoing, chronic stress can cause or exacerbate many serious health problems, including: Mental health problems, such as depression, anxiety, and personality.

Smart Moves

NATIONAL DIABETES PREVENTION PROGRAM

What to review:

- Smart Moves is a lifestyle change program of the National Diabetes Prevention Program (NDPP), a partnership of public and private organizations working to prevent or delay type 2 diabetes, proven to help people with prediabetes make lasting and healthy changes and cut their risk of type 2 diabetes.

- Partners work to make it easier for people with prediabetes to participate in evidence-based, affordable and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. A Centers for Disease Control-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

- Participants meet with trained lifestyle coaches in a small group setting with other individuals making similar life changes to prevent diabetes. Sessions are held weekly for 16 weeks then once a month for 6 months.

What to review:

- Be an active partner in your care: ask your health care team questions about your condition so that you understand why your medication is needed; and work with your health care team to devise a medication plan that fits your life.
- Set a routine so that you can remember to take your medications at the same time every day; perhaps around a daily routine activity like eating breakfast or brushing your teeth. If you need an extra nudge, set an alarm or sign up for a reminder service through your pharmacy or online.
- Keep your medications in their original containers so that you can read the label carefully. This will help you take and store your medications properly.
- Report side effects from your medications and any other concerns you may have about your medications to your doctor immediately.
- Do not stop taking any of your medications without talking to your doctor first, even if you start feeling better and do not believe that a/several medication(s) is/are necessary.

What to review:

- Tobacco products are the leading preventable cause of death in the United States.
- Tobacco products harm nearly every organ of the body, cause many diseases, and reduces the health of smokers in general.
- Smoking and drinking are two lifestyle habits that get a lot of negative criticism in the health industry, and for good reason. They both cause multiple complications with the body that can range from mild to life-threatening.
- The lungs are pliable organs that need to be elastic and flexible to breathe properly. Smoking causes the lungs to become damaged and it compromises their elasticity.
  This in turn leads to a condition called emphysema where breathing becomes labored, even with minimal exertion.
- When you drink excessively and use tobacco products, you increase your chances of getting high blood pressure. This is defined as a reading of 140/90 mmHg or above. If left untreated, high blood pressure can cause congestive heart failure, heart attack, stroke, kidney damage and vision loss, notes the American Heart Association.
- The liver is a major organ in the body that produces bile which breaks down fat; the liver also helps purify the blood. Heavy drinking over the course of time can cause liver damage. In the worst of cases, a condition known as cirrhosis can take place. Cirrhosis is a condition in which the liver slowly deteriorates and malfunctions due to chronic injury.

Resources

American Heart Institute
www.heart.org

Centers for Disease Control and Prevention
www.cdc.gov

Department of Health and Human Services
www.dhhs.ne.gov

Home Health Quality Improvement
www.homehealthquality.org

National Heart, Lung and Blood Institute
www.nhlbi.nih.gov

National Institute on Alcohol Abuse & Alcoholism
www.niaaa.nih.gov

Nebraska Tobacco Quit Line
www.quitnow.ne.gov

United Healthcare
www.uhc.com

United States Department of Agriculture
www.usda.gov

University of Nebraska-Lincoln Extension
www.unl.edu

USDA Choose My Plate
www.choosemyplate.gov

"Walk & Talk" Survey Form

We appreciate your help. Please mark your response below by checking the circle.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The goal of the walking group was clearly defined.	❍	❍	❍	❍	❍
Participation and being more active was strongly encouraged.	❍	❍	❍	❍	❍
Increasing my physical activity was important to me.	❍	❍	❍	❍	❍
The topics covered by my HC or CHW in our walks related to me.	❍	❍	❍	❍	❍
The content was put together well and easy to follow during our walks.	❍	❍	❍	❍	❍
The materials handed out were helpful.	❍	❍	❍	❍	❍
The HC or CHW was knowledgeable about the topics discussed.	❍	❍	❍	❍	❍
The HC or CHW came well prepared each time.	❍	❍	❍	❍	❍
The time spent for the walking group was sufficient.	❍	❍	❍	❍	❍
I plan to start a walking group of my own or continue in this one.	❍	❍	❍	❍	❍

Comments:

HEALTH TRACKER

month/year: ________

		FOOD	WATER	ACTIVITY	TIME	DISTANCE
MON	B L D S					
TUES	B L D S					
WED	B L D S					
THURS	B L D S					
FRI	B L D S					
SAT	B L D S					
SUN	B L D S					

	M	T	W	TH	F	SAT	SUN	WEIGHT
SLEEP								

GOALS:

PROGRESS & ROADBLOCKS:

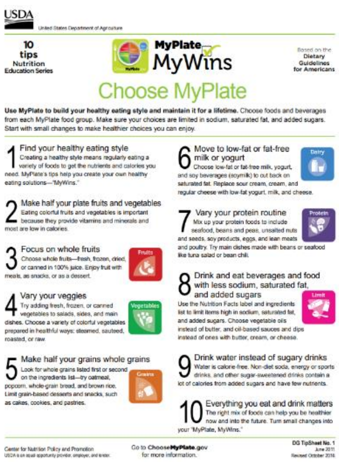
NOTES

Reference Material

www.partnersnhealth.org/wp-content/uploads/2017/07/CHH_info_flyer.pdf

https://food.unl.edu/NEP/NEP%20Documents/Healthy-shopping-list.pdf

https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/2013-WhatsMyPlateAllAboutInfographic.pdf

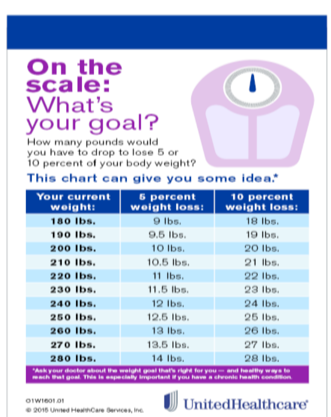


https://snaped.fns.usda.gov/snap/resourcefinder/GreatPlate_EnglishVietnamese.pdf

https://choosemyplate-prod.azureedge.net/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf

https://choosemyplate-prod.azureedge.net/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf

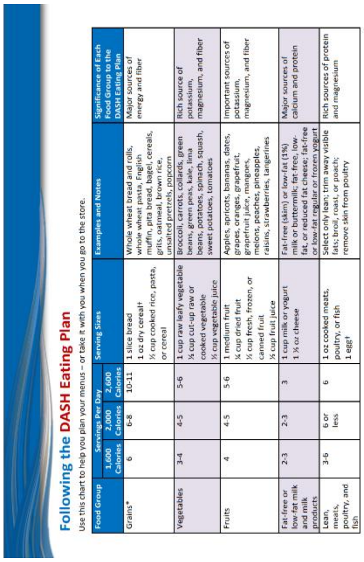
https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet7BuildaHealthyMeal_0.pdf



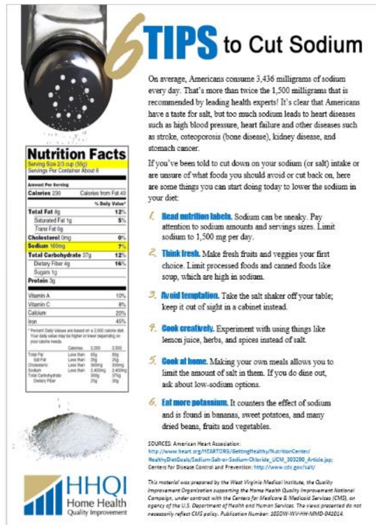
Your current weight:	5 percent weight loss:	10 percent weight loss:
180 lbs.	9 lbs.	18 lbs.
190 lbs.	9.5 lbs.	19 lbs.
200 lbs.	10 lbs.	20 lbs.
210 lbs.	10.5 lbs.	21 lbs.
220 lbs.	11 lbs.	22 lbs.
230 lbs.	11.5 lbs.	23 lbs.
240 lbs.	12 lbs.	24 lbs.
250 lbs.	12.5 lbs.	25 lbs.
260 lbs.	13 lbs.	26 lbs.
270 lbs.	13.5 lbs.	27 lbs.
280 lbs.	14 lbs.	28 lbs.

https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/Infographics/HealthyWeightInfo.png

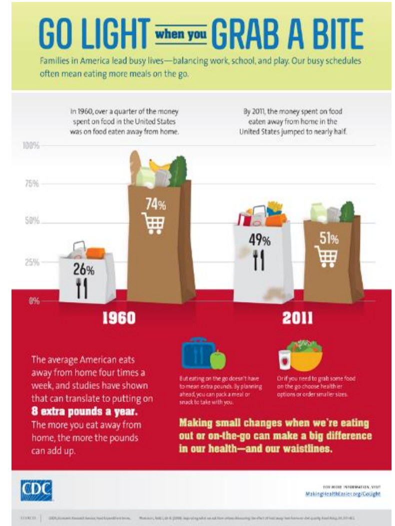
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.html



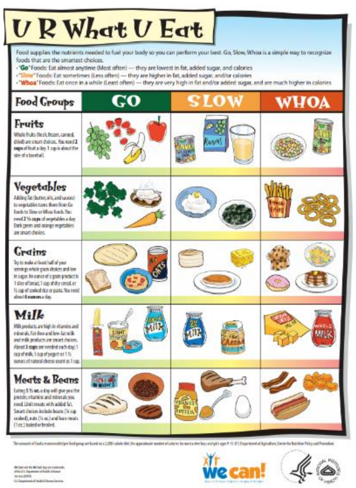
http://www.homehealthquality.org/CMSPages/GetFile.aspx?guid=618717b7-c24e-4926-bbd7-71dfdb77ae12



http://www.homehealthquality.org/CMSWebParts/CustomWebParts/Resources/ResourceGetFile.aspx?id=112



https://www.cdc.gov/nccdphp/dch/images/infographics/GLGBInfographic.png



https://www.nhlbi.nih.gov/health/educational/wecan/downloads/urwhateat.pdf

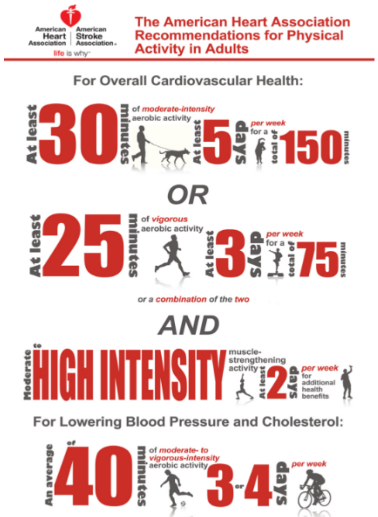
http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300467.pdf

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300468.pdf

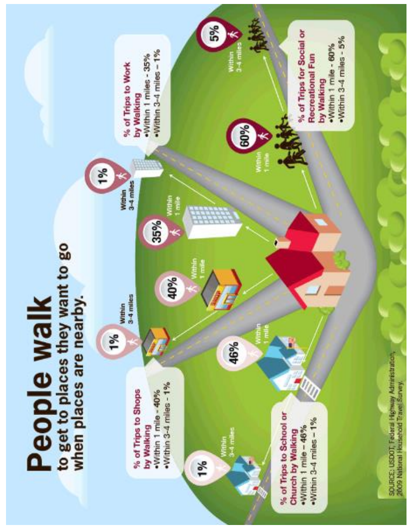
https://health.gov/dietaryguidelines/2015/resources/DGA_Healthy-Eating-Pattern.pdf

https://health.gov/dietaryguidelines/2015/resources/DGA_Healthy-Eating-Pattern.pdf

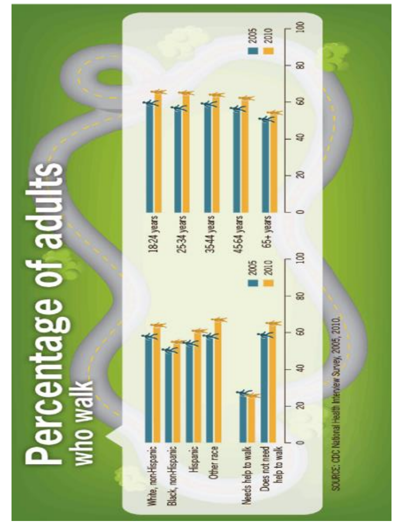
https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet41EatingFoodsAwayFromHome.pdf



http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469557.pdf

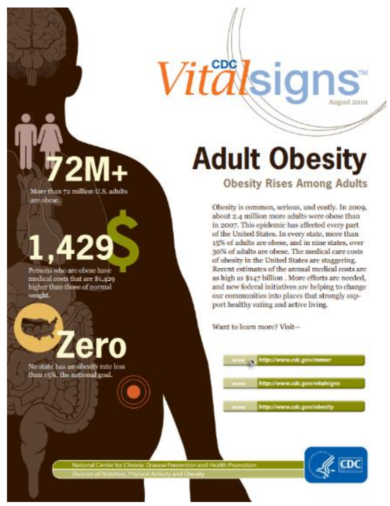


www.cdc.gov/vitalsigns/walking/infographic.html



www.cdc.gov/vitalsigns/walking/infographic.html

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_471534.pdf



www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf

www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300469.pdf

www.cdc.gov/physicalactivity/downloads/healthy-strong-america.pdf

www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300470.pdf

https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet40PhysicalActivity.pdf

ChooseMyPlate.gov

United States Department of Agriculture

Adults (18-64 years)

Children and adolescents (6-17 years)

Young children (2-5 years)

https://www.choosemyplate.gov/physical-activity-amount

What's keeping you from exercising?

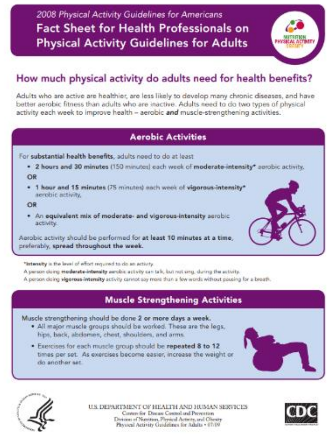
Too risky.

No time.

Too tired.

Too boring.

https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/Keeping_you_from_exercising.pdf



2008 Physical Activity Guidelines for Americans

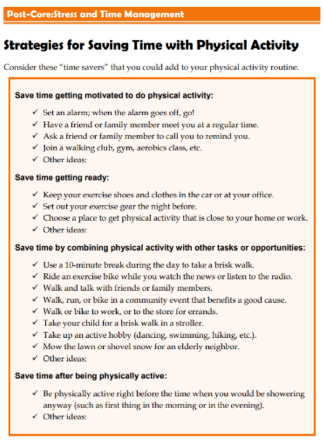
Fact Sheet for Health Professionals on Physical Activity Guidelines for Adults

How much physical activity do adults need for health benefits?

Aerobic Activities

Muscle Strengthening Activities

https://www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_Adults.pdf



Post-Core: Stress and Time Management

Strategies for Saving Time with Physical Activity

Consider these "time savers" that you could add to your physical activity routine.

Save time getting motivated to do physical activity:

- ✓ Set an alarm; when the alarm goes off, go!
- ✓ Have a friend or family member meet you at a regular time.
- ✓ Ask a friend or family member to call you to remind you.
- ✓ Join a walking club, gym, aerobics class, etc.
- ✓ Other ideas:

Save time getting ready:

- ✓ Keep your exercise shoes and clothes in the car or at your office.
- ✓ Set out your exercise gear the night before.
- ✓ Choose a place to get physical activity that is close to your home or work.
- ✓ Other ideas:

Save time by combining physical activity with other tasks or opportunities:

- ✓ Use a 10-minute break during the day to take a brisk walk.
- ✓ Ride an exercise bike while you watch the news or listen to the radio.
- ✓ Walk and talk with friends or family members.
- ✓ Walk, run, or bike in a community event that benefits a good cause.
- ✓ Walk or bike to work, or to the store for errands.
- ✓ Take your child for a brisk walk in a stroller.
- ✓ Take up an active hobby (dancing, swimming, hiking, etc.).
- ✓ Mow the lawn or shovel snow for an elderly neighbor.
- ✓ Other ideas:

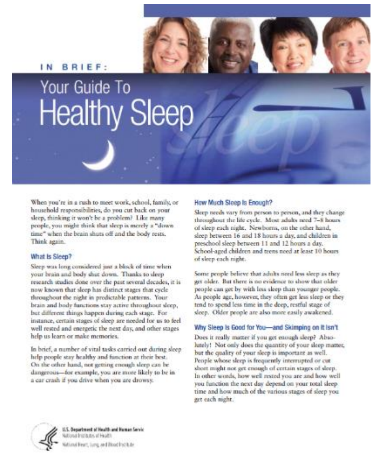
Save time after being physically active:

- ✓ Be physically active right before the time when you would be showering anyway (such as first thing in the morning or in the evening).
- ✓ Other ideas:

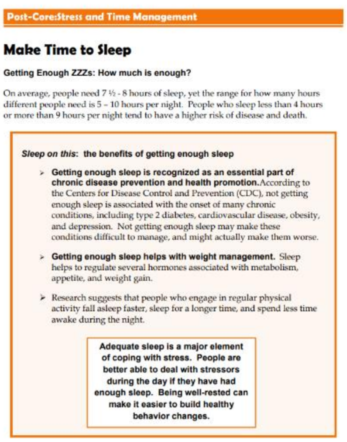
www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf

https://healthyforgood.heart.org/be-well/infographics/how-to-sleep-better-infographic

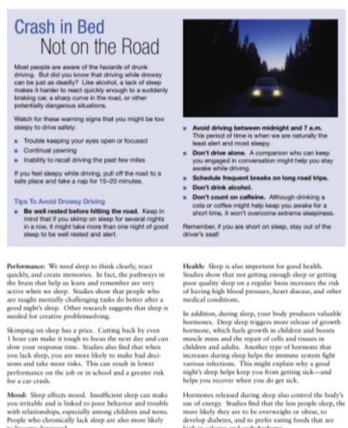
https://www.cdc.gov/chronicdisease/pdf/sleep-H.pdf



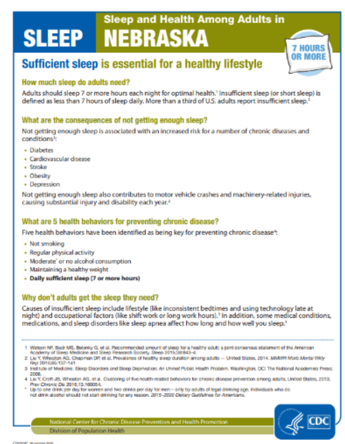
https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf



www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf

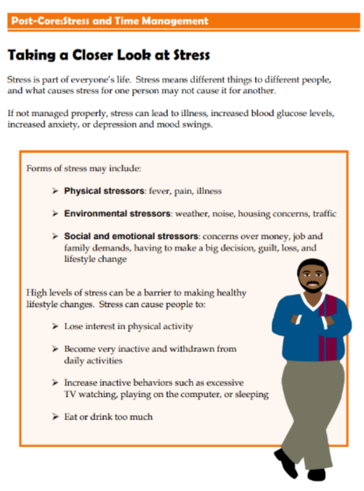


https://www.nhlbi.nih.gov/files/docs/public/sleep/healthysleepfs.pdf

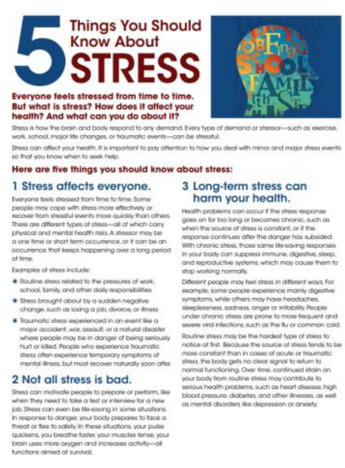


www.cdc.gov/sleep/pdf/states508/FS_ShortSleepByState_NE_508tagged.pdf

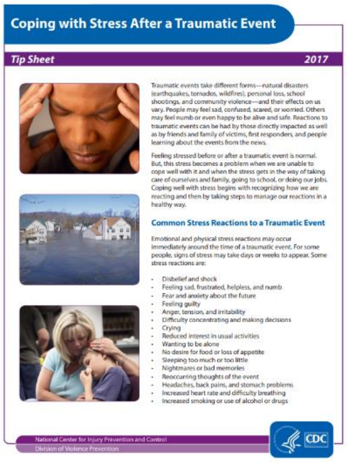
https://healthyforgood.heart.org/be-well/infographics/fight-stress-with-healthy-habits-infographic



www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf



https://www.nimh.nih.gov/health/publications/stress/5thingsshldknowaboutstress-508-03132017_142898.pdf



Coping with Stress After a Traumatic Event

Tip Sheet 2017

Traumatic events take different forms—natural disasters (earthquakes, tornados, wildfires), personal loss, school shootings, and community violence—and their effects on us vary. People may feel sad, confused, scared, or worried. Others may feel numb or even happy to be alive and safe. Reactions to traumatic events can be had by those directly impacted as well as by friends and family of victims, first responders, and people learning about the events from the news.

Feeling stressed before or after a traumatic event is normal. But, this stress becomes a problem when we are unable to cope well with it and when the stress gets in the way of taking care of ourselves and family, going to school, or doing our jobs. Coping well with stress begins with recognizing how we are reacting and then by taking steps to manage our reactions in a healthy way.

Common Stress Reactions to a Traumatic Event

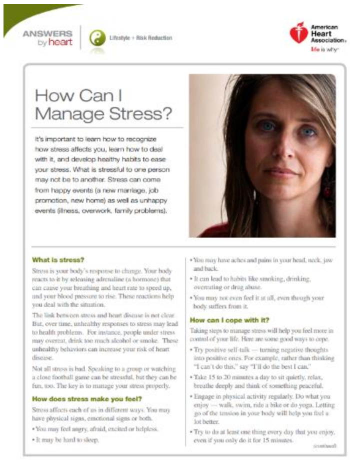
Emotional and physical stress reactions may occur immediately around the time of a traumatic event. For some people, signs of stress may take days or weeks to appear. Some stress reactions are:

- Disbelief and shock
- Feeling sad, frustrated, helpless, and numb
- Fear and anxiety about the future
- Feeling guilty
- Anger, tension, and irritability
- Difficulty concentrating and making decisions
- Crying
- Reduced interest in usual activities
- Wanting to be alone
- No desire for food or loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Reoccurring thoughts of the event
- Headaches, back pains, and stomach problems
- Increased heart rate and difficulty breathing
- Increased smoking or use of alcohol or drugs

National Center for Injury Prevention and Control
Division of Violence Prevention

CDC

www.cdc.gov/violenceprevention/pdf/CopingwithStress.pdf



ANSWERS by heart | Lifestyle + Risk Reduction

American Heart Association. life is why

How Can I Manage Stress?

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. What is stressful to one person may not be to another. Stress can come from happy events (a new marriage, job promotion, new home) as well as unhappy events (illness, overwork, family problems).

What is stress?

Stress is your body's response to change. Your body reacts to it by releasing adrenaline (a hormone) that can cause your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation.

The link between stress and heart disease is not clear. But, over time, unhealthy responses to stress may lead to health problems. For instance, people under stress may overeat, drink too much alcohol or smoke. These unhealthy behaviors can increase your risk of heart disease.

Not all stress is bad. Speaking to a group or watching a close football game can be stressful, but they can be fun, too. The key is to manage your stress properly.

How does stress make you feel?

Stress affects each of us in different ways. You may have physical signs, emotional signs or both.

- You may feel angry, afraid, excited or helpless.
- It may be hard to sleep.
- You may have aches and pains in your head, neck, jaw and back.
- It can lead to habits like smoking, drinking, overeating or drug abuse.
- You may not even feel it at all, even though your body suffers from it.

How can I cope with it?

Taking steps to manage stress will help you feel more in control of your life. Here are some good ways to cope.

- Try positive self-talk — turning negative thoughts into positive ones. For example, rather than thinking "I can't do this," say "I'll do the best I can."
- Take 15 to 20 minutes a day to sit quietly, relax, breathe deeply and think of something peaceful.
- Engage in physical activity regularly. Do what you enjoy — walk, swim, ride a bike or do yoga. Letting go of the tension in your body will help you feel a lot better.
- Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes.

(continued)

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/image/ucm_300690.pdf

https://adaa.org/sites/default/files/Anxiety%20Tips%20ADAA%20and%20MHA%20Collaboration%20Oct%202017_0.pdf

https://www.cdc.gov/diabetes/pdfs/library/socialmedia/diabetes-infographic.pdf

www.phsneb.org

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/image/ucm_300674.pdf

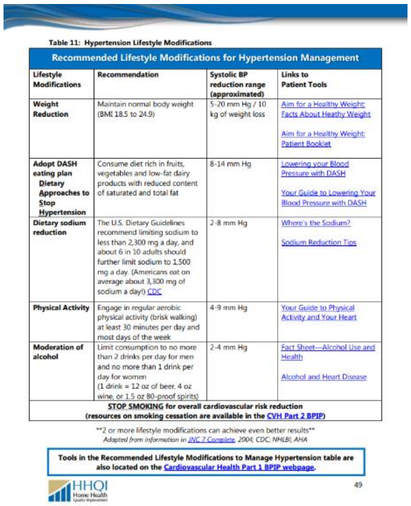


Table 11: Hypertension Lifestyle Modifications

Recommended Lifestyle Modifications for Hypertension Management			
Lifestyle Modifications	**Recommendation**	**Systolic BP reduction range (approximated)**	**Links to Patient Tools**
Weight Reduction	Maintain normal body weight (BMI 18.5 to 24.9)	5-20 mm Hg / 10 kg of weight loss	Aim for a Healthy Weight: Facts About Heathy Weight Aim for a Healthy Weight: Patient Booklet
Adopt DASH eating plan **Dietary Approaches to Stop Hypertension**	Consume diet rich in fruits, vegetables and low-fat dairy products with reduced content of saturated and total fat	8-14 mm Hg	Lowering your Blood Pressure with DASH Your Guide to Lowering Your Blood Pressure with DASH
Dietary sodium reduction	The U.S. Dietary Guidelines recommend limiting sodium to less than 2,300 mg a day, and about 6 in 10 adults should further limit sodium to 1,500 mg a day. (Americans eat on average about 3,300 mg of sodium a day!) CDC	2-8 mm Hg	Where's the Sodium? Sodium Reduction Tips
Physical Activity	Engage in regular aerobic physical activity (brisk walking) at least 30 minutes per day and most days of the week	4-9 mm Hg	Your Guide to Physical Activity and Your Heart
Moderation of alcohol	Limit consumption to no more than 2 drinks per day for men and no more than 1 drink per day for women (1 drink = 12 oz of beer, 4 oz wine, or 1.5 oz 80-proof spirits)	2-4 mm Hg	Fact Sheet—Alcohol Use and Health Alcohol and Heart Disease
STOP SMOKING for overall cardiovascular risk reduction (resources on smoking cessation are available in the CVH Part 2 BPIP)			

2 or more lifestyle modifications can achieve even better results

Adapted from information in JNC 7 Complete, 2004; CDC; NHLBI; AHA

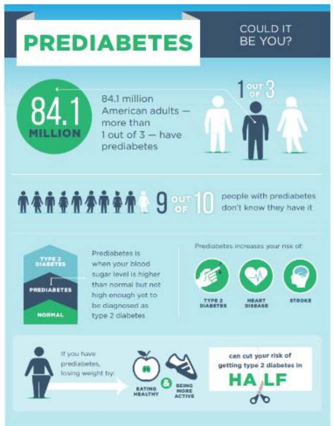
Tools in the Recommended Lifestyle Modifications to Manage Hypertension table are also located on the Cardiovascular Health Part 1 BPIP webpage.

HHQI Home Health Quality Improvement

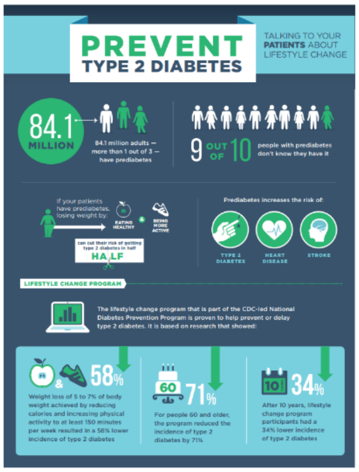
49

http://www.homehealthquality.org/CMSPages/GetFile.aspx?guid=a4310f91-8275-4a21-8bf1-e3900a2a6c91

https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/Infographics/WellnessThruAgesInfo.pdf

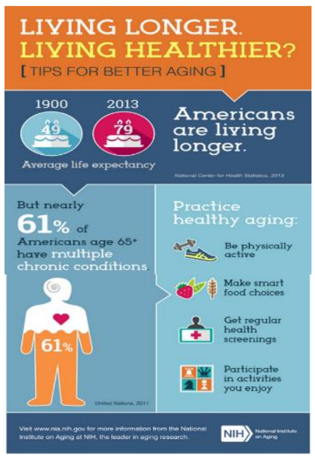


https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf



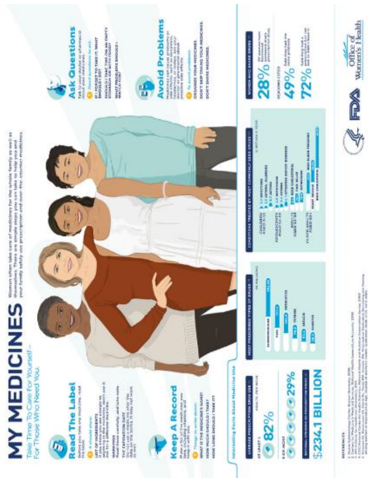
https://www.cdc.gov/diabetes/pdfs/library/socialmedia/HCP-infographic.pdf

https://healthyforgood.heart.org/be-well/infographics/be-healthy-for-good-with-lifes-simple-7-infographic

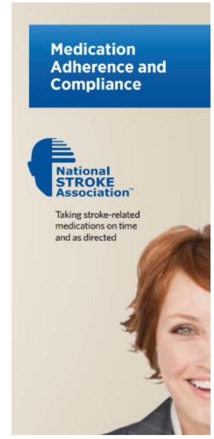


https://www.nia.nih.gov/health/infographics/living-longer-living-healthier-tips-better-aging-infographic

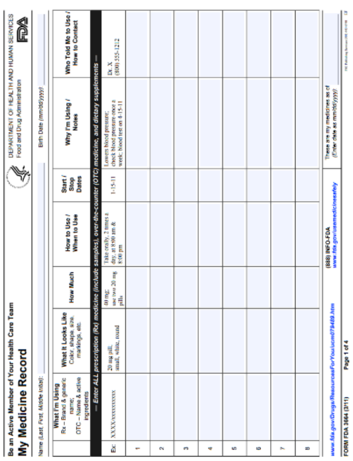
https://millionhearts.hhs.gov/files/TipSheet_How_to_MCYG_General.pdf



https://www.fda.gov/ForConsumers/ByAudience/ForWomen/ucm336355.html



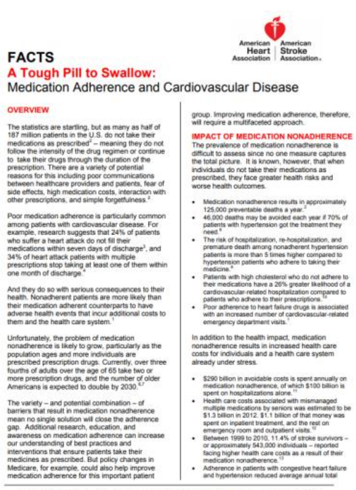
https://www.stroke.org/sites/default/files/resources/NSA_Med_Adherence_brochure.pdf



https://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Forms/UCM095018.pdf

https://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300450.pdf

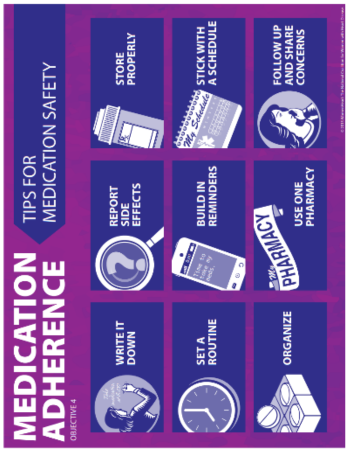
https://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM393837.pdf



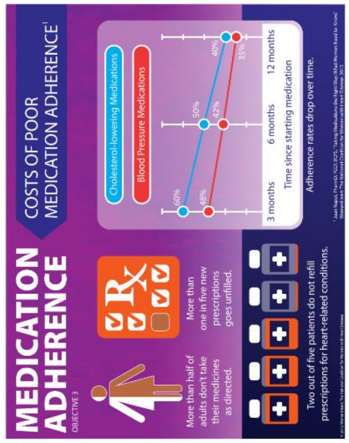
https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_460769.pdf

http://c.ymcdn.com/sites/www.womenheart.org/resource/resmgr/Infographics/Infographic_-_What_is_medica.pdf

http://c.ymcdn.com/sites/www.womenheart.org/resource/resmgr/Infographics/Infographic_-_Why_is_medicat.pdf

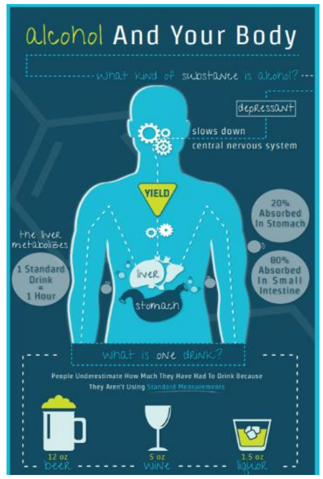


http://c.ymcdn.com/sites/www.womenheart.org/resource/resmgr/Infographics/Infographic_-_9_tips_for_eff.pdf



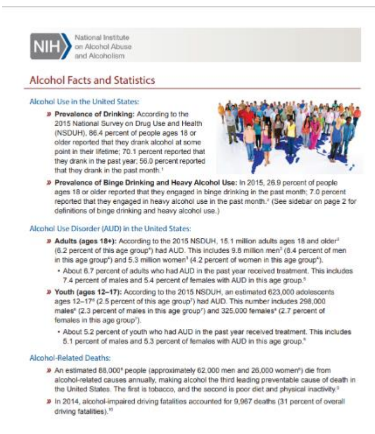
http://c.ymcdn.com/sites/www.womenheart.org/resource/resmgr/Infographics/Infographic_-_The_cost_of_po.pdf

https://www.cdc.gov/alcohol/pdfs/alcoholyourhealth.pdf

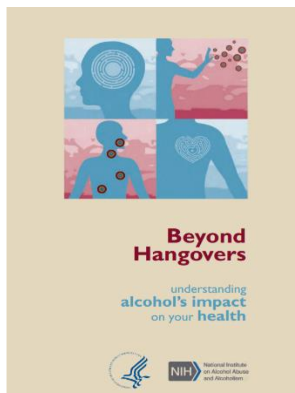


http://www.rehabcenter.net/wp-content/uploads/2015/01/Alcohol-Your-Body-Infographic.pdf

https://www.cdc.gov/alcohol/pdfs/excessive_alcohol_use.pdf

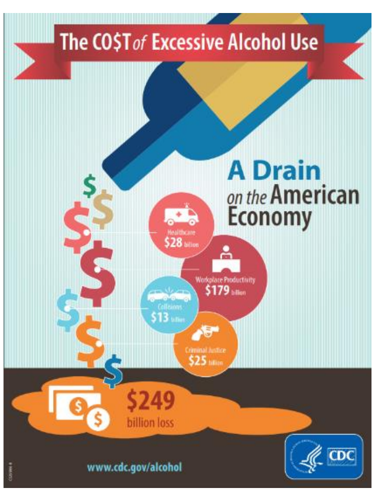


https://pubs.niaaa.nih.gov/publications/AlcoholFacts&Stats/AlcoholFacts&Stats.pdf

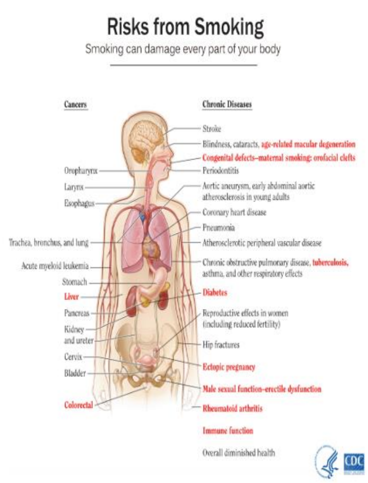


https://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf

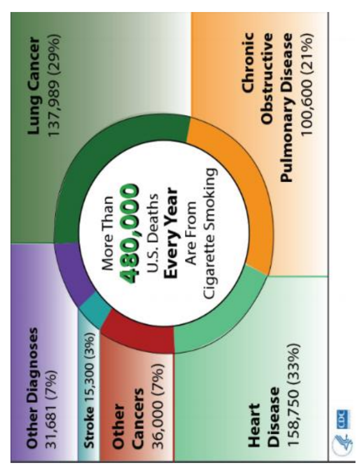
http://hepc.liverfoundation.org/wp-content/uploads/2012/07/Alcohol-Related-Liver-Disease-Brochure.pdf



https://www.cdc.gov/media/images/releases/2015/p1015-excessive-alcohol.pdf



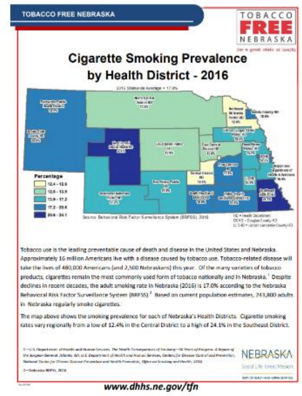
https://www.cdc.gov/tobacco/infographics/health-effects/pdfs/he-infographic1.pdf?s_cid=bb-osh-effects-graphic-005



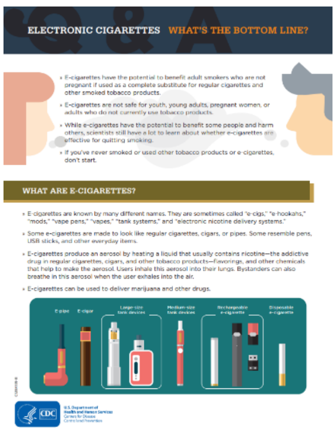
https://www.cdc.gov/tobacco/infographics/health-effects/pdfs/pie-chart-2017.pdf?s_cid=bb-osh-effects-graphic-001

https://www.cdc.gov/media/images/releases/2016/p0713-secondhand-smoke.pdf?s_cid=bb-osh-shs-graphic-007

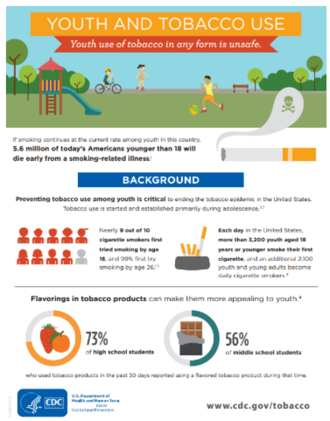
https://www.cdc.gov/tobacco/infographics/policy/pdfs/going-smokefree-matters-home-infographic.pdf



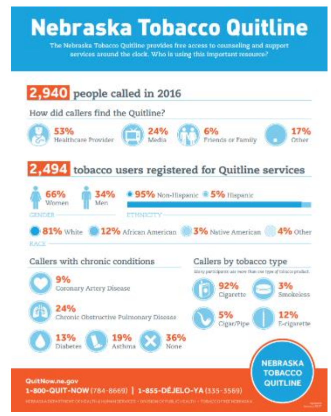
http://dhhs.ne.gov/publichealth/TFN%20Docs/Smoking%20Prevalence%20by%20Health%20District.pdf



https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf



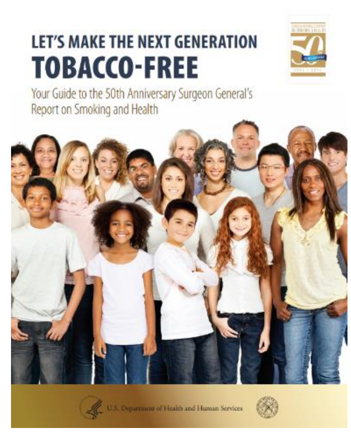
https://www.cdc.gov/tobacco/infographics/youth/pdfs/youth-and-tobacco-use-infographic.pdf



http://dhhs.ne.gov/Reports/Nebraska%20Tobacco%20Quitline%20Fact%20Sheet%202016.pdf

http://dhhs.ne.gov/publichealth/WMHealth/Documents/319348_TFN_DiabetesBrochure_v4_020718%20(1).pdf

https://www.cdc.gov/vitalsigns/pdf/2016-11-vitalsigns.pdf



https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf